

Spicy Chicken Couscous

(Serves 2)

Ingredients

- 1 tsp Oil, Olive, napolini
- 100g Chicken Breast fillet, diced
- 1/2 tbsp Oil, Olive, napolini
- 100g Courgettes, finely diced
- 1 Pepper, red, deseeded & finely chopped
- 1/2 Stock pot, (knorr chicken)
- 225mls Water
- Pinch Saffron (optional)
- 1 Garlic clove, crushed
- 1 Chilli, red, fresh, deseeded & finely chopped
- 6 Spring onions, trimmed & thinly sliced
- 1/2tsp Coriander, dried, ground
- 1/2 tbsp Cumin, ground
- 1/2tsp Paprika, sweet
- 100g Couscous (raw weight)
- 1 Lemon - juice of

Preparation

1. Heat 1 tsp oil in a small non-stick frying pan.
2. Cook chicken gently until nicely browned. Set aside.
3. Heat 1/2 tbsp oil in large pan. Fry courgettes & pepper for 2 minutes.
4. Make stock. Add saffron to stock if using. Set aside.
5. Add garlic, chilli, spring onions, coriander, cumin & paprika to courgettes & pepper.
6. Gently fry for 1 minute, stirring continuously.
7. Add stock to pan & bring to boil.
8. Add couscous & chicken & stir well.
9. Cover pan, remove from heat & leave for 5 minutes to absorb stock.
10. Stir in juice of 1 lemon.
11. Serve hot or cold.

TOP TIP: If you use a George Foreman style grill , you can use even less oil to cook chicken. Cook whole & once removed from grill, cut into pieces.

NUTRITIONAL VALUES PER SERVING

Calories 389
Total Sugars 6.49g
Total Fats 8.2g
Saturated Fats 1.43g
Salt 1.21g
Fruit & Veg 2